

TEAM i.e.bikes Racing Newsletter

Version 1 – February 2005

Greetings everyone!! Welcome to the first installment of the *Team i.e.Bikes Racing* newsletter. Each month an informational newsletter will be posted on this website under the “News” link found at the top of the home page. The purpose of this newsletter will be to inform team members, club members and general cycling enthusiasts about upcoming races, team and/or individual race results, special events, and team meeting items of interest. Other ideas for newsletter items include in-depth rider profiles (one rider each month) and a classified section for those of you looking to buy or sell cycling equipment. For this to work, however, I need your input! This newsletter will be a continuous work in progress so please feel free to e-mail me with any suggestions or comments that will make this newsletter worthy of reading each month. As the team continues to grow, I look forward to writing with, for, and about its members and sponsors. The following is just a short sample I came up with.

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Team Training Camp (Jan. 20 – 23 in Borrego Springs, CA): Training camp has arrived and it’s going to be an awesome 3 days of riding. After several weeks of constant rain, this weekend looks to have perfect riding conditions. We will be looking to improve overall rider fitness & strength as well as working on specific race tactics. The rides will be a combination of flats on the first day, climbing on the second day, and “mega” climbing on Sunday. Hope to see you all there!

Ride Schedule:

- Friday 10 a.m. Start - Flat Day: Borrego to the Salton Sea and back. Ride Leader is Ernie Sanchez 😊
- Saturday 9 a.m. Start - Climbing Day: Borrego, Yaqui Pass, to Mount Laguna and back. Ride Leader is Carey Pickford 😊
- Sunday 8 a.m. Start (after check out) - Mega Climbing Day: Montezuma Grade (8 mile climb) to the East Grade (backside) of Palomar Mountain (11 mile climb), then back. Ride Leader is Tim Coleman 😊



Tour of Murrieta (Feb. 18 – 20): Our race is fast approaching! Billed as California’s first stage race of the year, the Tour of Murrieta promises to attract some of the top race teams around. Be sure coordinate with Jim Lake as to when and where you can volunteer. We need all the help we can get! Also note the change in the road race stage. It has been switched to Temecula. Check out the Tour de Murrieta link under the “Road” icon at the top of the homepage for maps, directions, and complete race details.



Race Calendar for the month of February:

- Boulevard Road Race: Feb. 5th - One hour East of Downtown San Diego
- Red Trolley Classic Criterium: Feb. 6th - Mira Mesa
- Tour de Murrieta: Feb. 18th, 19th, 20th